

Secondhand Smoke: Youth Exposure and Rules on Smoking in the Home

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Each year in the United States, 53,000 deaths are attributable to secondhand smoke. Approximately, 950 to 1,690 of those deaths are to Hoosiers because of other people's smoking (due to either exposure to secondhand smoke or smoking during pregnancy). Secondhand smoke has been classified by the U.S. Environmental Protection Agency as a cancer causing substance. In children, secondhand smoke contributes to acute and chronic respiratory illness, asthma, middle ear illnesses, and Sudden Infant Death Syndrome (SIDS),

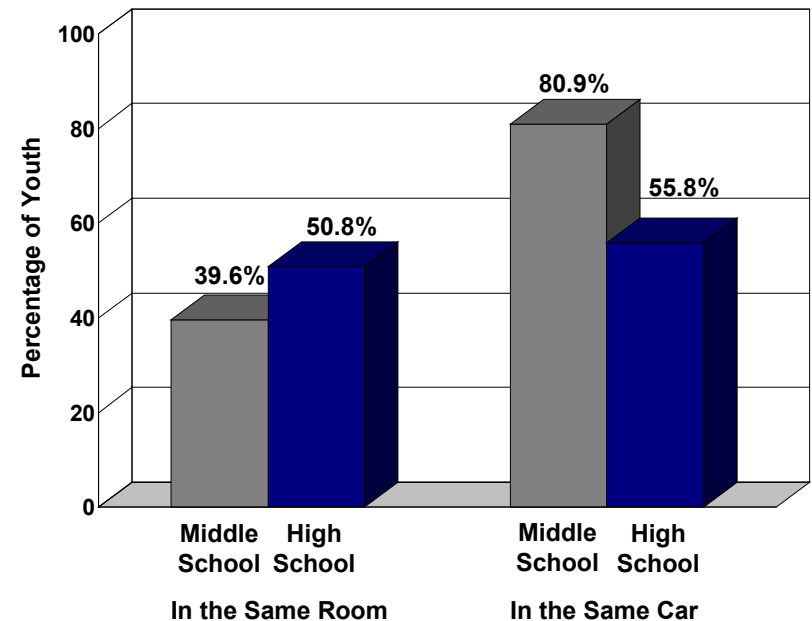
Youth Exposure to Secondhand Smoke

According to the 2002 Indiana Youth Tobacco Survey:

- Three out of four high school students and 61% of middle school students reported being in the same room with someone smoking during the 7 days prior to the survey.
- Half of high school students and 40% of middle school students reported being in a room with a smoker during 3 or more of the 7 days.
- Approximately 56% of high school students and 48% percent of middle school students reported being in the same car as someone smoking, while a third in each group reported riding with a smoker more than 3 days a week.

Youth exposure to secondhand smoke remains unacceptably high. Some exposure to high school students can be attributed to smoking by their peers, however, it is more likely that adults expose the middle school students to secondhand smoke.

Youth Exposure to Secondhand Smoke more than 3 Days in a Week



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Household Rules

Although 91% of Hoosier adults know that exposure to secondhand smoke causes respiratory problems in children, this knowledge has not been fully applied to establishing strict no-smoking rules at home.

According to the 2002 Indiana Adult Tobacco Survey:

- 60% percent of Indiana households prohibit smoking in the home.
- The presence of no-smoking rules was similar in homes with children (59.8%) as they were for households without children present (60.5%). More than half of Indiana households with children are potentially exposed to a known carcinogen.

What Can You Do?

- If you smoke, quitting will benefit not only your health but the health of your children.
- Institute and enforce strict no-smoking rules for your home and your car.
- Encourage your children to ask others not to smoke around them.

No-Smoking Rules in Indiana Homes

